

# FARBERWARE®

"OPEN  
HEARTH" Shish

Kebab accessory

FITS #455 BROILER / ROTISSERIE

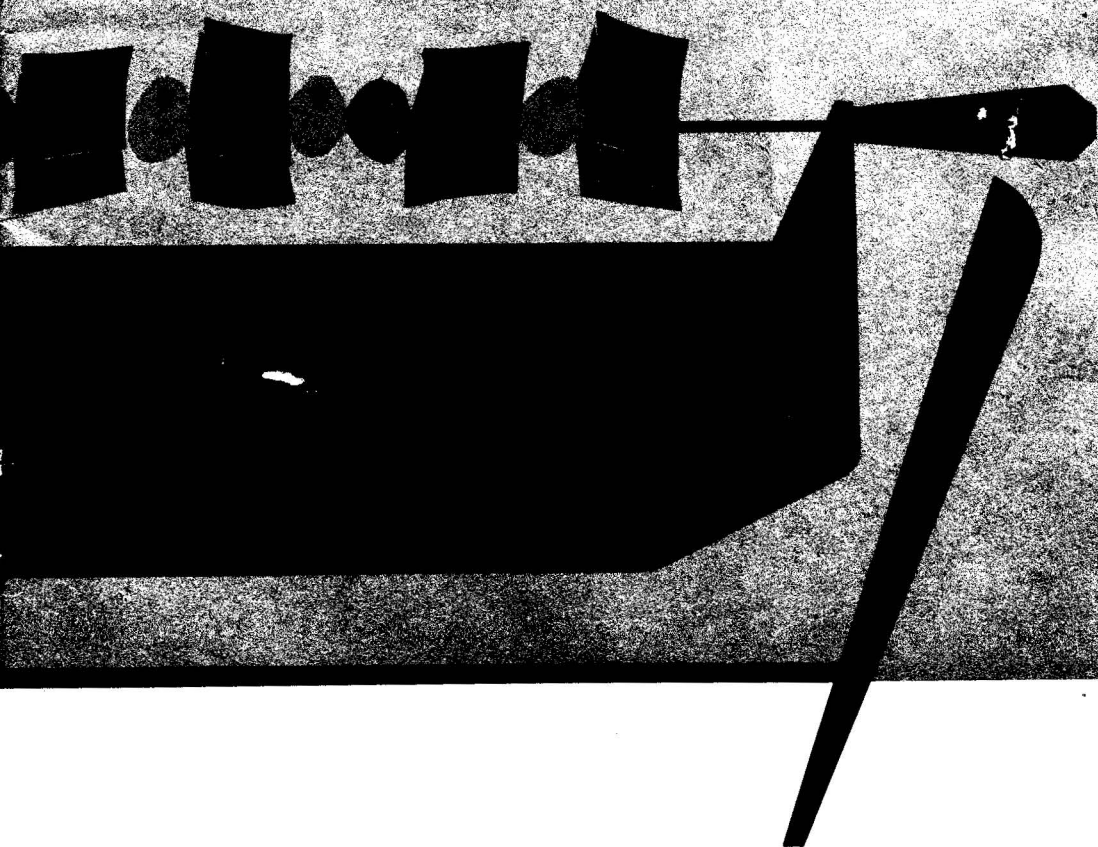


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## Shish Kebab accessory

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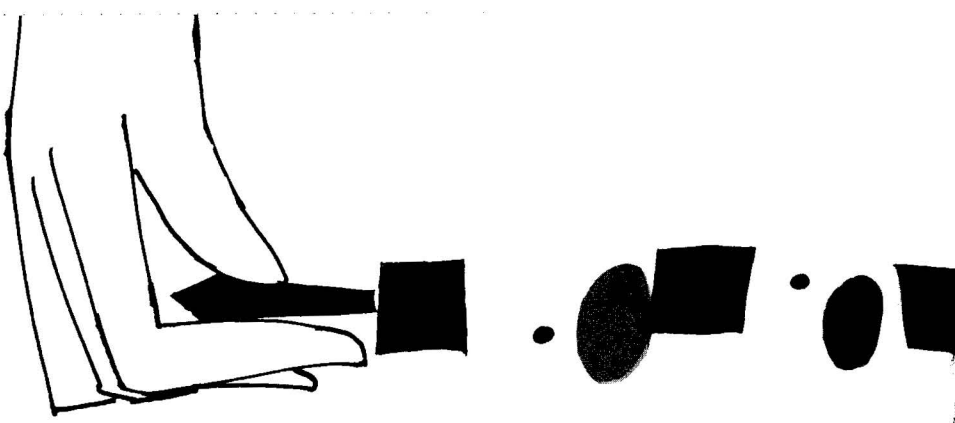
The first cave man to push a chunk of dinosaur onto a green twig and hold it over an open fire — invented skewer cookery. Food for skewer cooking may be almost anything eatable, by itself or combined with other foods. It can be plain or fancy, simple or exotic — your imagination is your only limit.

is the Near Eastern version of skewer cookery. Traditionally, it is made with lamb or mutton and accompanied by pilaff, kasha or boiled rice.

(under various spellings) is the Russian version of skewer cooking. Traditionally it is made by alternating cubes of mutton and mutton fat on the skewer or sword.

is the name given to the Far Eastern version of skewer cooking. Highly spiced pork is the meat usually used, but any combination of meats, or meats, vegetables and fruits may be used.

are South African in origin, and often consisted of meat such as veal, mutton or pork either marinated or highly spiced. More recently a spiced meat and fruit combination has been popular.



Set up the rotisserie unit as you would for broiling.  
Do not use the wire rack.

Place Shish-Kebab frame on the stainless steel  
body of the broiler.

Make sure the frame is placed so that the skewer  
handles are on the same side as the broiler outlet  
plug. (See figure A)

Insert the adjustable rotisserie arm support into  
the spring latch support on side opposite broiler  
outlet plug. It is not necessary to use the second  
rotisserie support.

Push the rotisserie arm support all the way down  
to the last notch, or adjustment #1. It will also  
work on #2.

Adjust moveable motor prong on Shish-Kebab  
frame to fit into the support bracket of the rotis-  
serie motor arm support.

Place motor on rotisserie arm support, and at the  
same time it will fit into the movable center prong  
of Shish-Kebab.

Fill skewers and insert tips, then handles.

Shish Kebab unit will work well with any number  
of skewers, one to five.

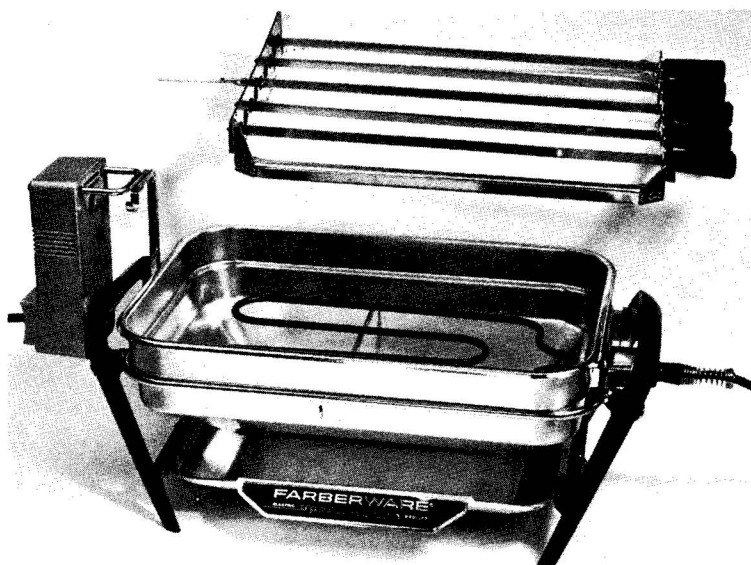
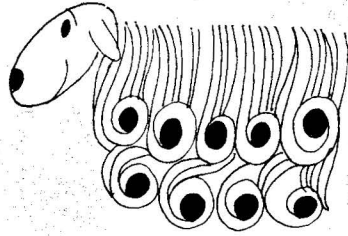


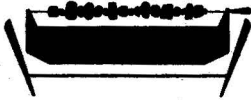
figure A

The five stainless steel skewers are easy to clean. They can be washed as any dish in your sink or dish washer. If stubborn stains or spots exist pre-soaking before washing eliminates need of hard rubbing or scouring. The frame should be wiped clean with a damp cloth. Do not use steel wool or a heavy abrasive.



### **SKEWERED LAMB**

5-6 pounds leg of lamb, or 4 pounds  
lean lamb meat  
Juice and grated rind 1 lemon  
¼ cup salad oil, or olive oil  
¼ teaspoon seasoned pepper  
1 teaspoon onion salt  
1 clove garlic, crushed



Cut lamb into cubes (about 1½ to 1¾-inches), trimming fat and discarding gristle. Place in a deep bowl. Combine remaining ingredients and pour over lamb cubes. Let meat stand in marinade for 2-3 hours, turning several times. Thread meat on skewers and broil to taste. For rare, juicy meat push the cubes together with sides touching; for crisp, browned meat, leave a space between cubes. Makes 6 servings.

10-12 minutes for rare  
14-16 minutes for medium  
18-20 minutes for well done

### **LAMB AND HAM COMBO**

4-5 pounds lean lamb (leg or  
shoulder)  
1 large onion, thinly sliced  
1 clove garlic, mashed  
2 cups red wine (approx.)  
1½ pounds tenderized or precooked  
ham steak, trimmed  
18 medium-large mushrooms  
Salt and pepper  
Other seasonings to taste

Cube lamb (1½-inch cubes), discarding gristle and fat. Place in a deep bowl and add sliced onion, mashed garlic and red wine to almost cover. Mix well and place in refrigerator to marinate for 4-6 hours. To thread skewers, begin, center and end each one with a mushroom. Between mushrooms, alternate cubes of lamb and small cubes of ham to fill skewer. Brush with salad oil, sprinkle with salt, pepper and any other desired seasonings. Broil 15 to 20 minutes, or until done to taste. Makes 6 servings.

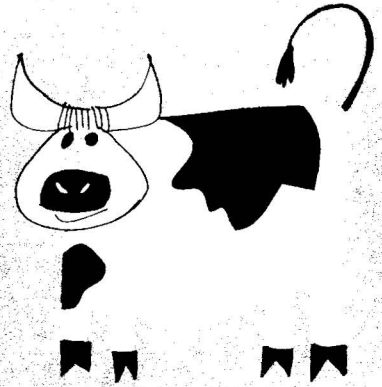
## **LAMB KEBABS**

### **(Shish Kebab)**

**5 pounds lean lamb (leg or shoulder)**  
**½ cup wine, or wine vinegar**  
**3 tablespoons salad oil, or olive oil**  
**2 tablespoons soy sauce**  
**¼ teaspoon black pepper**  
**Dash Cayenne pepper**  
**1 teaspoon salt**  
**½ cup minced onion**  
**1 tablespoon oregano**  
**12 small white onions, peeled**  
**6 medium tomatoes, cut in wedges**  
**4 green peppers, cut in squares**

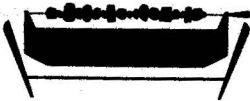
Cube lamb (1½ to 2-inch cubes), discarding gristle; leave narrow strips of fat on meat cubes if desired. Place meat in a deep bowl; combine next 8 ingredients (marinade), pour over meat and mix thoroughly. Marinate in refrigerator overnight, stirring 2 or 3 times. To thread skewers, begin and end with an onion pierced through the side, not through the stem end. Alternate cubes of lamb, sections of tomato and squares of green pepper to fill skewer. Broil 15 (rare) to 25 (crisp-well done) minutes, basting occasionally with marinade remaining in bowl. Makes 6 servings.

1. Halved brown and serve sausages, pineapple chunks, big stuffed olives.
2. Squares of thick-cut bacon, halved lamb kidneys, cubes of unpeeled eggplant.
3. Whole cherry tomatoes, slices of summer squash, small white potatoes (parboiled or canned.)
4. Small plum tomatoes (yellow or red), cubes of salami, pitted ripe olives.



### **SKEWERED BEEF**

2-2½ pounds top round, cut 3" thick  
¼ cup salad oil  
½ cup soy sauce  
¼ cup whiskey or sherry  
1 small piece green ginger, minced  
(optional)  
1 clove garlic, crushed



Trim off most of fat, cut meat into 2-inch squares and place in deep bowl. Combine remaining ingredients and pour over meat; let stand at room temperature 1-2 hours. Thread 3-4 cubes on each skewer, leaving plenty of space between chunks of meat. Broil 25 to 40 minutes, or until meat is cooked to taste. Brush cooking meat with marinade at frequent intervals. When meat is done to taste, slice off skewers onto cutting board. Use a very sharp knife to cut meat across grain into thin slices. Serve on hot buttered French or sourdough bread. Makes 6 servings.

### **STEAK AND BACON SKEWERS**

2 pounds sirloin tip  
½ pound bacon  
¼ cup salad oil  
2 tablespoons wine vinegar  
1 teaspoon Worcestershire sauce  
1 teaspoon prepared mustard

Ask your butcher to cut the beef across the grain to make thin slices about 3" in diameter. Halve bacon strips lengthwise, then crosswise. Put a strip of bacon on a slice of beef and roll up. Slide several rolls on a skewer. Broil 10 to 15 minutes, or until done to taste, brushing several times with seasoning sauce. Makes 6 servings.

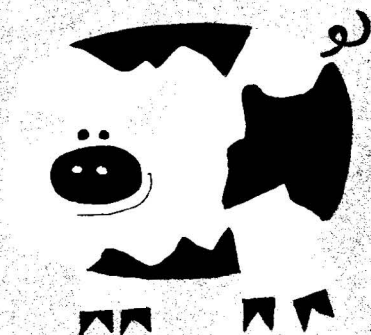


## **BARBECUED 'BURGERS**

**1 pound ground beef**  
**2 eggs, beaten**  
**½ cup fine seasoned bread crumbs**  
**1 tablespoon prepared mustard**  
**2 tablespoons minced onion**  
**Salt and pepper to taste**  
**6 strips of bacon**  
**6 small white onions, parboiled**  
**12 big stuffed olives**  
**Barbecue Sauce**

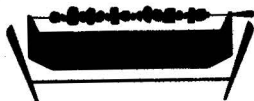
Thoroughly mix beef, eggs, crumbs, mustard, onion and seasonings. Divide into 6 portions and firmly shape into 6 thick round patties. Wrap a piece of bacon around each patty; refrigerate for at least 3 hours before using. Skewer hamburger patties crosswise, alternating with onions and olives. Broil a minute or two until bacon starts to cook, then brush with favorite bottled barbecue sauce. Broil until done to taste (12-20 minutes) brushing frequently with sauce. Makes 6 servings.

1. Mushrooms, parboiled small onions, tomato wedges, bacon cubes.
2. Parboiled tiny sausages, unpeeled apple wedges, mushrooms.
3. Squares of ham, quartered pineapple slices, green pepper strips.
4. Squares of calves liver, small cubes veal, sweet pickle slices, cucumber slices.



## **SKEWERED PORK STRIPS**

2-2½ pounds pork steaks (fresh ham) cut ½" thick  
 ½ cup soy sauce  
 2 tablespoons salad oil  
 1 garlic clove, mashed  
 2 tablespoons lemon juice  
 Pinch of ginger



Cut the thin slices of pork into strips about 1" wide and 5-6" long; place in single layer in a shallow bowl. Mix remaining ingredients and pour over pork strips. Marinate 4-5 hours turning frequently. Weave the strips, accordian fashion, on skewers. Broil about 8-10 minutes, or until done. Baste with marinade while broiling. Makes 4-5 servings.

## **FRUITED HAM SKEWERS**

3 pounds tenderized or pre-cooked ham, in 1½" cubes  
 12 canned apricot halves  
 2 large green peppers, cubed  
 6 pickled or spiced onions  
 ½ teaspoon cinnamon  
 ½ teaspoon dry mustard  
 Pinch ground cloves  
 2 tablespoons brown sugar  
 ½ cup wine vinegar  
 Fruit juice

String ham, apricots and green pepper squares on skewers, ending with onion. Combine remaining ingredients adding fruit juice to make a generous cup of mixture. Heat few minutes to blend. Start broiling filled skewers; after 2-3 minutes begin to brush with basting mixture. Continue to broil and baste until ham is browned and fruit glazed (about 8-10 minutes). Makes 5-6 servings.

## **GARLIC RIBS**

**5-6 lbs spareribs**

**1 large bud garlic (4-5 cloves)**

**1 teaspoon seasoned salt**

**¼ teaspoon seasoned pepper**

**1 can undiluted frozen orange juice concentrate**

**¼ cup chili sauce**

**3 tablespoons cider vinegar**

**1 cup stock, broth or consomme**

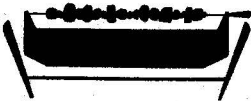
Have the butcher chop each side of ribs into 3 or 4 long (1½ wide) strips. Place strips in a shallow roasting pan, add water to cover and bring to a boil. Cook 20 minutes, or until ribs are parboiled and just fork tender; drain. Mash garlic with seasonings, then combine with thawed orange concentrate and remaining ingredients. Pour marinade over ribs and let stand in refrigerator 4-6 hours. Weave rib strips on spit and broil 15 minutes, or until crisp and browned to taste. Baste with marinade while broiling. Makes 6 servings. Ribs prepared as above, make excellent hors-d'oeuvre if cut into small 1 rib sections.

1. Pineapple cubes, green or sweet red pepper squares, pickle slices.
2. Quartered onions, big olives rolled in bacon, orange slices (skin on).
3. Apple wedges, whole canned pimentos, spiced onions.
4. Little tomatoes, canned white onions, sweet potato (or yam) chunks.



## CHICKEN WING SKEWERS

3 pounds chicken wings  
(about 24)  
¼ cup salad oil  
¼ cup soy sauce  
¼ cup sherry  
1 clove garlic, crushed



Place wings in a deep bowl; combine and add remaining ingredients. Marinate wings for 4-5 hours, turning several times. String wings on skewers (use 3 skewers with 8 wings on each); broil 12-15 minutes, or until done to taste. Baste with marinade while broiling. Makes 6 servings (4 wings per serving.)

## CHICKEN TARRAGON

2 broiler-fryers, cut-up  
1 tablespoon dried tarragon  
1 tablespoon paprika  
¼ cup sherry  
½ cup salad oil

Purchase ready-to-cook quartered chickens. Use poultry or kitchen shears to halve each chicken piece, 16 pieces in all. Place pieces in a deep bowl; combine and add remaining ingredients. Marinate 2-3 hours, turning pieces several times. Thread pieces on skewers (use 3 skewers) and broil 18-20 minutes, or until done to taste. Baste with marinade while broiling. Makes 6-8 servings.

## **HENS en BROCHETTE**

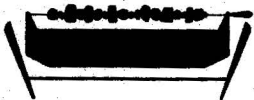
**3 small Cornish Hens, halved**  
**Melted butter**  
**Seasoned salt**  
**Crumbled rosemary**

Remove backbone when halving hens. Use 3 skewers and thread 2 halves to a skewer, lengthwise. Brush pieces with melted butter and sprinkle with seasoned salt and a little crushed rosemary. Broil 35-40 minutes, or until golden tender. Brush with melted butter while broiling. Makes 3 servings.

1. Ham cubes, green pepper squares, pineapple chunks. (chicken)
2. Half chicken livers wrapped in bacon, mushroom caps, black olives, (chicken)
3. Chunks of *duck* (bone or not to taste). Orange slices (skin on), olives.
4. Quartered and boned squab, wrapped in bacon, mushrooms, chicken livers or hearts.

## LOBSTER TAILS en BROchette

6 Rock lobster tails  
 ½ cup melted butter  
 ¼ cup minced parsley  
 Salt and pepper



## SWORDFISH BOBS

2 pounds fresh or frozen swordfish  
 3 medium-size zucchini, or summer squash  
 4 small tomatoes  
 10-12 large stuffed olives  
 ½ cup salad oil  
 ½ cup dry white wine  
 1 teaspoon salt  
 Dash Cayenne pepper



Use a sharp knife, or kitchen shears, to split undershells lengthwise. Thread 2 tails on each spit (use 3 spits), lengthwise or head to tail. Broil about 12 minutes or until done. Brush split surface with remaining ingredients mixed to make a basting sauce. Makes 6 servings.

Cut fish into 1" cubes, slice squash, and cut tomatoes into thirds. Thread skewers, alternating fish, squash, tomatoes and olives. Combine remaining ingredients to make a basting sauce. Broil, brushing often with sauce, 8-10 minutes, or until fish is fork tender. Makes 6 servings.

## **DEEP SEA COMBINATION SKEWERS**

**1½ pounds large sea scallops**  
**2 pounds large raw shrimp peeled  
and cleaned**  
**¼ cup sherry**  
**¼ cup lemon juice**  
**¼ cup salad oil**  
**½ cup sesame seeds**  
**Salt and pepper**

Combine scallops and shrimp, add sherry, lemon juice and oil. Mix well and let stand about 2 hours. Dip or roll sea food in sesame seeds, thread on skewers. Broil about 8-10 minutes, or until shrimp is pink. Makes 5-6 servings.

Cubes of any firm white fish, raw oysters, stuffed olives.

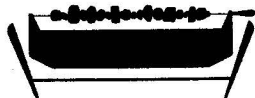
Squares or cubes of firm smoked fish such as finnan haddie, mushroom caps, lemon wedges.

Cubes of fresh salmon, green pepper squares, pineapple chunks.

Big shrimp, canned pimentos, bacon cubes, oysters.

## **LIVER AND BACON SKEWER**

2 pounds calves liver  
½ cup soy sauce  
1 onion, thinly sliced  
½ pound thick-cut bacon  
2 cans (1 pound each) Irish potatoes, drained  
2 green peppers, 1½" cubes  
¼ cup melted butter



Have liver cut in ½" slices, then cut into strips about 1"-1½" wide. Place in a shallow pan and add soy sauce and onion. Marinate 2-3 hours, turning occasionally. Weave liver strips onto skewers accordion-style with a folded half strip of bacon, small whole potatoes and cubes of green pepper in alternate folds. Fill 3 skewers, pressing ingredients close together. Broil skewers 2-3 minutes, brush with melted butter or salad oil. Continue broiling 10-12 minutes, or until done to taste. Makes 6 servings.

## **TURKISH LAMBURGERS**

1 eggplant, unpared  
French dressing  
2 pounds boneless lamb, ground  
1½ teaspoons salt  
½ teaspoon sage  
½ teaspoon coarse ground pepper  
1 clove garlic, mashed to a paste  
½ cup fine seasoned bread crumbs  
2 eggs, beaten  
½ cup sesame seeds  
Salad oil or olive oil

Cut eggplant in 1½" cubes, add French dressing until well moistened; let stand while preparing remainder of recipe. Combine lamb, seasonings, crumbs and eggs; mix thoroughly and shape into firm balls (about ¼ cup mixture per ball). Roll lamb balls in sesame seeds until well coated, then thread on skewers alternately with eggplant cubes. Press lamb firmly around skewer and press eggplant firmly against lamb balls. Brush with salad or olive oil and broil about 15 minutes or until done to taste. Make 6 servings.



## **BREAKFAST GRILL**

**1 pound little pork sausages**  
**1 pound piece bologna**  
**1 can (12 oz.) luncheon meat**  
**1 can (1 pound) sliced pineapple**  
**½ cup maple syrup**  
**¼ cup butter**

Prepare sausage for grilling by pricking, then simmering in water to cover for 3-4 minutes. Cube (1½" cubes) bologna and luncheon meat. Drain pineapple, reserving liquid. Combine pineapple liquid, maple syrup and butter; simmer 5-6 minutes. Alternate whole sausages, bologna and luncheon meat chunks, and pineapple on skewer. Broil 3-4 minutes; then baste generously with prepared sauce. Broil and baste until sausage is browned and meats glazed. Serve with dollar-size pancakes. Makes 6 servings.

Rare Burgerettes — Thick little meat cakes, cherry tomatoes, frozen potato puffs, canned onions. Brush with mixed ketchup and butter. Luscious Leftovers — Steak chunks, parboiled potato quarters. Spread with a mixture of mashed blue cheese, soft butter, and minced parsley. Broil.

Cube provolone, swiss, or other solid type cheese and roll in bacon, covering cheese on all sides; cut Italian bread into thin slices and dip in Italian-style dressing. Alternate bacon-cheese cube, chunk of frankfurter and slice of bread on skewer. End each portion with a gherkin and a stuffed olive. Broil until bread is crisped and bacon done on outside.

Vegetarian Skewer — Alternate chunks of eggplant, small parboiled onions, tomato wedges, cucumber slices, whole mushrooms, and green pepper cubes. Brush with highly seasoned melted butter and broil.

Pieces of parboiled sweetbreads, mushroom caps, artichoke hearts, cubes of ham. Baste with butter and lemon juice. Sprinkle with chopped parsley.

Cubes of veal, rolls or squares prosuitto, ripe olives. Brush with melted butter and wine. Sprinkle with shredded Swiss cheese while very hot.

Chunks of lobster, tiny tomatoes, pineapple chunks. Sprinkle with curry and brush with butter.

Cubes of tender beef, oysters wrapped in bacon, onion wedges. Baste with red wine and salad oil.

Orange chunks, Canadian bacon squares, chicken livers.

Chicken livers wrapped in bacon, artichoke hearts, mushroom caps. Brush with wine, butter and a touch of ginger.

Small white potatoes, chunks of bologna, sweet pickle, little tomato.

Cubes of luncheon meat (Spam), chunks of buttered banana, green pepper squares.

Canadian-type bacon spread with chunk of cheese and rolled around a small pickle, tiny tomatoes, pineapple chunks.

Frankfurter chunks, corn-on-cob pieces, cherry tomatoes, gherkins.